

Secrets of



CORRECT
TABLE
SERVICE



 
Suggestions for
Menu Making


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SECRETS OF

CORRECT TABLE SERVICE

SUGGESTIONS FOR
MENU MAKING

COMPILED AND WRITTEN BY THE
SCHOOL OF DOMESTIC
ARTS AND SCIENCE



ISSUED BY
THE PICKARD STUDIOS
CHICAGO

THE IDEALS OF THE PICKARD STUDIOS

- ¶ To give the highest expression to artistic impulses in decorating porcelain.
- ¶ To avoid all that is ordinary or commonplace in color or design.
- ¶ To give to each artist the widest latitude in originating ideas.
- ¶ To seek inspiration for new motifs from sources beyond the reach of home decorators.
- ¶ To keep a staff of artists representative of all the world's best decorative schools.
- ¶ To follow each detail of decorating and firing with critical precision.
- ¶ To study the relation of the decoration to the shape with a sense of harmony that makes for the distinction of Pickard China.

PICKARD CHINA

Pickard China must not be confused with ordinary Hand-painted China. It is a new development that has been so far advanced that it stands distinctively in a class by itself. It is a creature of enthusiasm—Pickard China, a master idea carried to perfection by a band of artists whose very heart and soul go into their handiwork. While each individual is entirely unhampered by “factory restrictions,” he has the full benefit of the combined artistic strength of the studios, through the conference school in which is discussed every shape and every design before it is accepted.

The Pickard Studios are as unique as is Pickard China—the building itself is made distinctive in its architectural beauty. It is perfect in its interior appointments—modern in all its equipment.

The artists work in an environment that call forth their highest endeavors. Every artist is stimulated in the personal pride he takes in every piece he produces, and his signature on every piece means more—much more to him than does the artist's name on the usual signed piece.

The variety of decorations and designs in Pickard China affords ample range for any desired selection. Pickard China comes as a happy suggestion to those seeking distinctive gifts.

THE PICKARD STUDIOS
4853 E. RAVENSWOOD PARK
CHICAGO



Pickard China—Encrusted Linear

An elegant new design showing the beautiful encrusted gold surface, which is an invention of the Pickard Studios. This gold surface is adorned by a band of a delicate olive green color around the top of the design. This band in its turn, is edged top and bottom by very narrow bands, of a lustrous purplish blue. In this composite band are set, at regular distances apart, roundals, from the lower parts of which linear bands extend to the bottom of the design.



Secrets of Correct Table Service

AUTHORITY SCHOOL OF DOMESTIC
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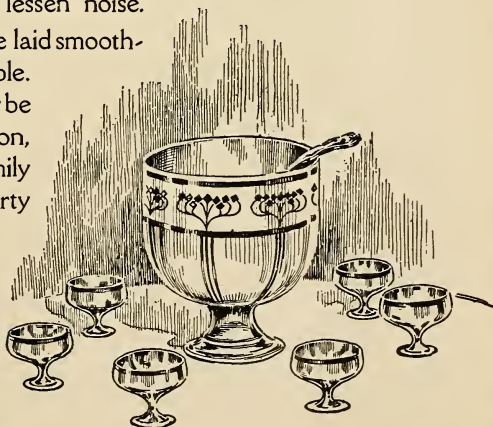
THE refinement of a home is revealed in nothing more clearly than in the appointments of the table and the manner of serving food, whether this be done in simple or most elaborate fashion—good taste being equally possible to both. While eating is a necessity which human beings share with animals, we sink below their level when, in ministering to our physical needs, we do not at the same time feed our higher natures. We should gratify our eyes by a symmetrical arrangement of china, silver and linen; our ears by restfully quiet handling of the same; our minds by cheerful conversation, which a lack of methodical service precludes; and our hearts by looking to the comfort of each person at the table, especially of the guest, in whose honor we should set forth the best our means afford, without ostentation if it be elegant, without self-consciousness if it be simple even to meagerness.

Setting the Table

If the room contains a hanging light the center of the table should be directly under it. A "silence cloth" should always be used under a tablecloth to protect the surface of the table and to lessen noise.

The tablecloth should be laid smoothly and evenly on the table. Doilies instead of a cloth may be used for breakfast, luncheon, supper or the informal family dinner. Twenty-five to thirty inches is allowed from plate to plate.

No. 1 — Punch Bowl and Glasses.





Pickard China—Encrusted Linear

This striking decoration, which finds such favor every time it is shown, is based on an antique Chinese motif that has been modernized and Americanized by the Pickard Studios.

The illustrations and description on page four, give but a fair idea of its richness and beauty. Many new and original shapes are shown in this very popular design.

An individual "cover" consists of plates, glasses, silver and napkin to be used by one person and is laid within this space.

An ornamental plate, called a "service plate," may or may not be used. Upon this is placed first the plate containing the hors d'oeuvre, canapes, cocktail glass for fruit, oysters or other fish cocktail, and in the next course the soup plate. To the right of this plate or space are laid the knives, with sharp edges turned to the left, the spoons, with the bowls turned up, and, sometimes the oyster fork. To the left are the forks, the tines turned up, arranged in the order in which they are to be used, the first being farthest from the plate. The water-glass stands at the point of the knife, the bread and butter plate, if used, at the top and slightly to the left of the forks; the napkin lies at the left of the silver with the fold at the top, the open edges at the right and toward the edge of the table.



No. 2

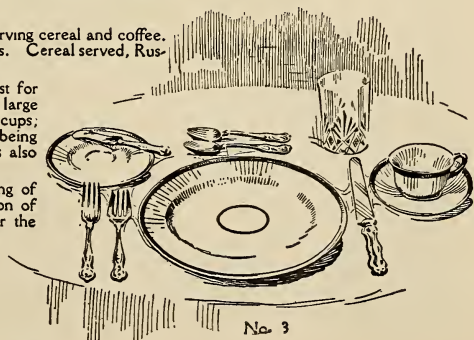
The Waitress

Whether the meal be served by the person who has prepared it or by a special maid, her hair, collar, apron and hands must be neat, trim and clean and her movements quiet and deft. When she has no kitchen duties, special watchfulness of every person's needs in the dining-

No. 2—Cover for breakfast. Ready for serving cereal and coffee. Compound service, showing place of hostess. Cereal served, Russian style, and coffee, English style.

On the tray are three pitchers—the smallest for cream; next in size for hot milk; and the large pitcher for hot water, provided to heat the cups; the water is poured into each cup; after being heated it is emptied into the bowl, which is also on the tray before the coffee is served.

No. 3—Cover for luncheon, for the serving of the meat course. Also showing the position of the coffee cup, which is to be placed after the remainder of the course has been served.



No. 3



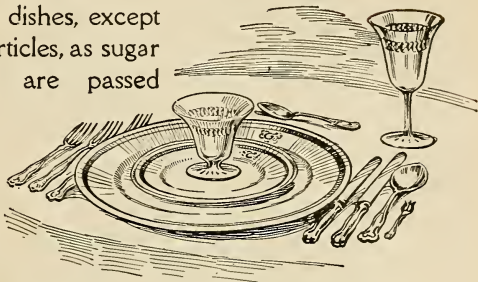
Pickard China—The Deserted Garden (Fruit Band)

This unique design shows a flat gold surface broken by a broad, decorative band in which is portrayed an old fruit garden run wild. The browns of the old tree trunks and dead grasses, the dull green of the living foliage, the piercing red of the raspberries, the soft purple of the plums, the solid purple of the grapes combine in a strong color symphony which is the chief beauty of the composition.

room is expected of her. In either case she is responsible for the proper temperature of dishes, which should be warmed for hot foods, cooled in the ice-box for salads or frozen dishes.

A folded napkin on the palm of the left hand is preferred to a tray for passing dishes, except where two or more small articles, as sugar bowl and cream pitcher, are passed together.

The waitress stands at the left of the person being served, whether she is passing a dish from which he is to help himself, or setting down or removing a plate, unless the article belongs to the right of the plate, as a glass or spoon.



No. 4

Forms of Service

There are three recognized methods of serving a meal, known as the English, the Russian and the Compromise Service. Of these three the English is best adapted to households where the help employed from outside is limited, though it is by no means confined to this limitation.

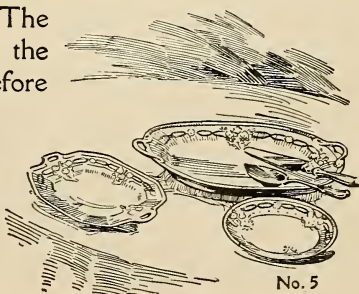
The Russian is the most formal. The Compromise, with points taken from both these, combines informality with elegance.

English Service

All the food belonging to one course or all that is to be served at a simple meal is placed on the table in platters and other suitable dishes before the host, hostess or some member of the family. The number of plates necessary for the persons seated may be in a pile, before

No. 4—Order of forks to be changed, the longest fork should be in the middle. The outer fork in picture should be next the plate and the middle fork in the picture on the outside.

No. 5—Ice Cream Service, showing the place of the hostess set for serving dessert, English Style. The service may be used for other cold desserts; also for short cakes and similar deserts.



No. 5



Pickard China—Deserted Garden

The strong color note, yet in the most harmonious blendings, makes the Deserted Garden one of the popular decorations of the Pickard Studios. Because of the wealth of color tones these pieces find congenial surroundings amidst any color scheme or class of furnishings. Probably there has never been a design so sought for for decoratively useful pieces for the dining room. And the rich gold of the mass of the pieces give them unusual distinction. Many exquisite new shapes are shown in this decoration.

the carver, or taken, one by one, from the side-table and set before him. As each plate receives its portion, the waitress carries it either to the person serving another article of food, such as vegetables, or sets it directly before the person for whom it is intended.

At the last course of an English Service, when finger bowls are used,

a plate upon which are the bowl and doily should be set in front of each person. The waitress should have an extra plate in her hand to set before the hostess as soon as she takes up the one ready to be passed.

Each person having removed the finger bowl and doily from the plate, the exchange of empty plate for the filled one is quietly and quickly made.



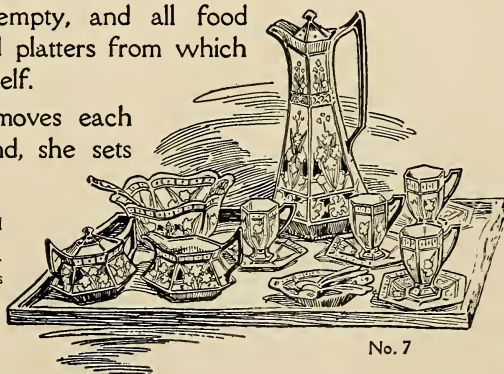
No. 6

Russian Service

As this serving is done from the serving-table or pantry, no food appears on the table, with the exception of candy, nuts and relishes.

Each plate may be brought from the pantry with a portion of the main dish of the course, and perhaps one accessory upon it, all other dishes being passed; or the plates are set down empty, and all food passed on well-arranged platters from which each person serves himself.

As the waitress removes each plate, with the right hand, she sets



No. 7

No. 6—Nut Set. Bowl and individual dishes of same design.

No. 7—Chocolate Service. Cream or hot milk may be served in the pitcher, as well as whipped cream in the bowl.



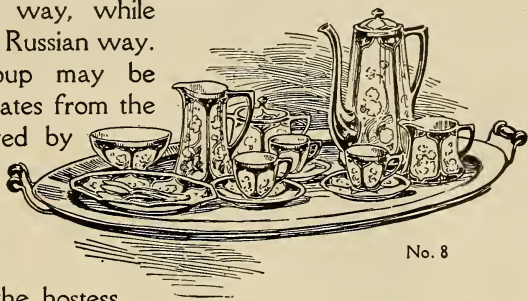
Pickard China—Fine Encrusted Gold

The Fine Encrusted Gold is an attractive all over gold encrustation. This is one of the innovations produced by the Pickard Studios. While the etching in this design is exceedingly fine and small, it is as distinct as it is fine. The surfaces of the pieces are charmingly brilliant with a texture more beautiful than that of cloth or gold. Many unusual shapes add quaintness to the appeal of beauty in this decoration.

down the plate for the next course, with the left hand, the table never being without plates until it is cleared and crumbed before dessert.

Compromise Service

Some articles or whole courses are served upon the table in the English way, while others are passed in the Russian way. For example, the soup may be brought in individual plates from the pantry; the meat carved by the host, the vegetables passed by the waitress; the whole salad course also passed by her, and the dessert served by the hostess.



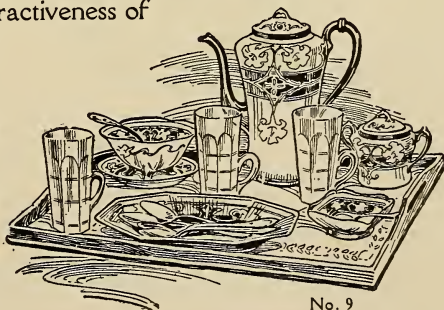
Sideboards and Side-Tables

All dishes and silver which are to be used during the meal should be set out upon a sideboard or side-table to facilitate service. The sideboard or side-table must be protected from heated dishes by an asbestos mat placed under the scarf or cover.

In setting the table for English service, especially, the crowding of the dishes must be avoided. A small table or piece of furniture called a "butler's assistant," standing beside the hostess, may hold all dishes not in actual use and will add greatly to the attractiveness of the meal and ease of serving.

No. 8—After-Dinner Coffee Service. The large pitcher and the bowl are provided for hot water to heat the cups, as in sketch number two.

No. 9—Iced-Tea Service, with bowl for ice and dish for lemon. The tall glasses and long-handled spoons are made especially for serving this beverage.





Pickard China—Encrusted Honeysuckle

The Encrusted Honeysuckle is one of the most attractive of the new decorations from the Pickard Studios. It shows the encrusted surface which resembles hammered gold, and to this is added a wide border in a bold and beautiful design taken from a famous old Greek motive known as the "Honeysuckle". This design however, is so strictly conventionalized that it shows little resemblance to the flower of that name.

Clearing the Table

In clearing the table the following general rules should be observed.

1. Do not set one dish upon another.
2. Do not remove silver and cutlery from the dishes in which they have been used.
3. Remove platter or principal dish first, then smaller serving dishes, then individual dishes.
4. Before the dessert is brought in, *everything* not pertaining directly to it should be removed and the table crumbed.

It should always be remembered that whatever expedites service without offending eye or ear is in good taste. Larger dishes, therefore, should be lifted with both hands; relish dishes, etc., collected upon a small tray; while an individual cover consisting of a large plate, small plate and perhaps sauce dish may be deftly removed by placing both small plates on the tray, held in the left hand, and carrying the large plate in the right.

Removing Crumbs

If from a bare table, brush crumbs gently into a plate or small tray with a folded napkin or the edge of a fringed doily, and wipe all wet spots carefully.

If from a tablecloth, a folded napkin, or a silver crumb knife may be used. In no case is a brush used.

No. 10 — Porch wagon, for serving afternoon tea or porch lunches.





Pickard China—The White Poppy

This attractive decoration is done largely in white and gold. The poppy heads droop downward so that the inside of the flowers is not visible. At the lower edge of the hanging petals, however, is a touch of yellow, suggestive of the stamens within the flowers. The arrangement is semi-conventional; two white poppies with a golden bud between are grouped together and set in a wide band of gold. Delicate stem like tracings on the gold band add effective touches to this pleasing composition.

Order of Serving People at Table

The guest of honor, if a man, should be seated at the right of the hostess; if a woman, at the right of the host.

Different rules are preferred by different people; the following are accepted:

1. All the women served before the men, beginning with the hostess or guest of honor.

2. The guest of honor or the hostess served first, then the next person, irrespective of whether a man or woman, continuing thus around the table.

Serve one course, around the table to the right, the next to the left, that no side be always served last.

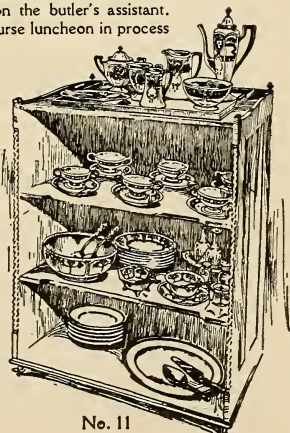
The advantage of passing a dish first to the hostess is that it enables her to see if it is properly prepared and provided with the necessary fork and spoon.

No. 11—Butler's Assistant. When using a butler's assistant a hostess may, by carefully planning her menu, serve her family and guests without the service of a maid, and avoid the confusion of rising from the table.

The set of shelves, enclosed on three sides, may be rolled or lifted into place, at the left of the hostess' seat, and facing her, after being arranged in the pantry; or the dishes and food may be carried into the dining-room and arranged there on the butler's assistant.

The accompanying sketch shows the dishes necessary for a four-course luncheon in process of serving an imaginary meal. The first course, bouillon, was placed on the table before the guests entered the dining-room. The sketch shows the bouillon cups and spoons removed from the table and placed on the upper shelf of the butler's assistant, the main course having been taken from that shelf and served to the guests. There was room on this shelf for the whole of the course except the coffee cups; these were placed on the bottom shelf with the dessert service.

The coffee service upon the top of the butler's assistant. With a butler's assistant a chafing dish or an alcohol lamp for heating water or for keeping food or coffee hot may be used with advantage. Also a coffee percolator. On the third shelf is the service for a salad course, with oil, vinegar, paprika, mustard, salt, and bowls for ice and for mixing the salad dressing. The cold dessert is placed on the lowest shelf. Fruit and cake, tarts, or one of a number of the gelatine desserts are used with success in this manner. The foods should be covered with napkins while on the shelves before being served.



No. 11



Pickard Etched China—The Floral Scroll

The popular etched borders, have come principally from the great European potteries. But since this source of supply has become so uncertain the demand has compelled the Pickard Studios to undertake the decoration of dining room table china by this elaborate process which demands the most skillful of artistic work. The delicate tracery of the design is engraved by hand on a metal plate, from which it is worked onto the china and the pattern etched into the surface of the pieces. This ware is distinguished by the gold coin trademark, "PICKARD ETCHED CHINA."

SUGGESTIONS FOR MENU MAKING

AUTHORITY SCHOOL OF DOMESTIC
ARTS AND SCIENCE · CHICAGO

In planning menus some of the points to be considered are: food value, money value, and esthetic value.

Foods differ in composition, and furnish the materials needed by the body for development, for replacing the tissues used up by activity, and for supplying the heat and energy necessary to maintain the body at its proper temperature and enable it to do its work.

Food values have been considered in the combinations of the following menus, and materials which are easily procured have been chosen. By thus utilizing that which is to be found in ordinary markets, we are assured of materials in good condition.

Foods which are plentiful and in season are always found to be cheap, in good condition, and of fine flavor, if carefully selected by the purchaser.

When considering the esthetic value in planning menus, simplicity is of the greatest importance.

A few courses made up of a limited number of food materials, which have been selected with care, well prepared, and daintily served, give the most satisfactory result.

Points to be Remembered

1. To alternate light and brown, or soft and crisp effects. Example: do not serve croquettes, fried potatoes, and pastry in one menu.
2. Avoid repetition of food materials in a menu.
3. Dry foods, such as croquettes, should be served with sauces or with another food which has a sauce accompanying it.
4. Sauces should not be highly seasoned, except in special instances, as when they are served with an insipid, or flavorless food, or for variety.



Pickard Etched China—Laurel Leaf Border

This charming dainty border, as done by the Pickard artists, is one of the most attractive dinnerware designs we have offered. To the richness of the plain gold band has been added the beauty of the delicate tracery of the etching. When monograms, initials or crests are added to china with this border the appeal of individuality makes it worthy a place on the finest table. Etched and jeweled monogram designs shown on page 22. All Pickard Etched China carries the gold coin trade mark "Pickard Etched China."

Too great an amount of seasoning, regularly used, will overcome the power of discrimination in taste, by overshadowing the delicate flavors of foods and by dulling the sense of taste. Further, there will follow a disturbance of digestion, caused by an overstimulation of the flow of digestive juices.

5. Acid in some form is an especially enjoyable addition to an insipid food, such as fish; or to fats, such as pork. Sweets, jellies, or sweet pickles form good combinations of flavors with delicate meats, such as chicken, etc. But both sweets and acids should not form an accompaniment at one time, as one will counteract the effect of the other. Sometimes the error is even greater, and one sees not only both sweet and acid accessories at the same time, but salt olives as well.

6. Variety should be planned for different meals, rather than a large number of foods at any one time.

The body can more easily digest and assimilate the simpler diet.

7. When planning menus, omitting a course will give variety just as surely as will the addition of courses. For instance, a menu may end with a salad course. If one is not accustomed to serving a salad in place of dessert, as a last course, it is well to begin to follow the idea by using a fruit salad.

8. An ice may be served with the meat course, as a relish.

9. Accessories, such as nuts, raisins, and cheese, are incorrect, unless they are considered with the remainder of the menu. They are foods which, when taken in addition to a meal, will overload the digestive tract, and produce disturbances of digestion.

These foods should be used either as a part of the meal, instead of accessories; or the menu should be planned with a consideration of their food value, cutting down the other foods in quantity or in number.



Fancy Jeweled Script



Fancy Beaded Script



Block



Roman



Arabesque



Arabesque

Pickard Monogram China

No other decoration upon your China, no matter how expensive, is so exclusive as your monogram. Monogram China stands for its individuality, your own expression of your individuality, and nowhere in your home is your individuality shown to such a degree as in your dining room. The chaste simplicity of Pickard White and Gold Dinnerware, in which both the gold work and the monogram are designed and executed by the Pickard artist, make a strong appeal to the home maker of refined tastes. Ask for prices on etched Monogram work.

Garnishing

The cultivation of good taste is especially adapted to the table. The possibilities are numberless; from the selection of the best materials, and most immaculate conditions possible, as a fit setting for the foods, to the careful preparation of the food materials, and the dainty serving of them.

Food, which is pleasing to the eye has an added dietetic value, as the flow of the digestive fluids is increased by the inviting appearance of food.

Some Points to be Considered in Garnishing.

1. The arrangement of foods, will often form a garnish: for example, asparagus timbales arranged on a platter in a sauce, with ends of asparagus around the dish, forming a border; chops in the center of a platter, with buttered peas or cubes of carrots surrounding them; or several vegetables on one serving dish may be made very pleasing by a tasteful arrangement.

2. If materials are added as a garnish, they should be in small amounts, and few at one time.

3. All lines of any decoration, should be simple.

4. A garnish which is either too large in quantity, or too intricate in design, gives a heavy appearance, is not in good taste, and is as much to be avoided as the other extreme, which takes no account of the appearance of a dish.



Some Suggestive Menus

LUNCHEONS

Cream of Asparagus Soup
Chicken Fillets Sauce Allemande
Rice Croquettes
Tomato Poinsetta Salad French Dressing
Frozen Pudding Macaroons

II

Eggs Italian Style Tomato Sauce
Buttered Rice and Cheese in Ramekins
Macedoine Salad Cooked Oil Dressing
Almond Souffle Currant Jelly Sauce

III

Codfish Souffle Olive or Horseradish Sandwiches
Peppers, Stuffed with Cabbage Salad
Cooked Salad Dressing Individual Cherry Pies

DINNERS

IV

Clear Tomato Soup
Planked Fish Potato Border
Spinach Timbals Hollandaise Sauce
Charlotte Russe and Strawberries
[or other fruit in Season]

V

Veal Olives Raw Scalloped Potatoes
Stuffed Peppers Dinner Rolls
Lettuce Salad French Dressing
Mixed Fruit Ice Sponge Drops

VI

Huntington Soup
Broiled Boned Club Steak Potatoes O'Brien
Asparagus Maitre d'Hotel Butter
Fruit Salad

VII

Fruit Cocktail
Roast Duck Potato Stuffing
Currant Jelly sauce Jardiniere, [Cauliflower, Beans, Carrots.]
Bombe Glace, [Apricot Ice and Charlotte Russe.]

Description of Menus

MENU No. 1

Frozen Pudding

Ice cream, made of rich custard with raisins and nuts, cut fine. Plain or whipped cream may be used.

Macaroons

Almond paste for making macaroons at home is for sale in cans.

Cream of Asparagus Soup

Made without stock, because of sauce allemande in which chicken stock is used, is in the same menu.

Chicken Fillets

The breasts of a chicken can be divided into two large and two small fillets. The two small fillets may be skewered together, to form one individual serving of meat.

The fillets may be sautéed in a small amount of olive oil or butter or they may be baked.

To remove the breasts of a chicken, cut the skin with a small, sharp knife, and remove the meat from the bone cutting close to the breast bone along its whole length; then lift and carefully cut the meat from the bone on which it lies. The remainder of the chicken may be cut into pieces, cooked, and served in any of the ordinary way; or it may be cooked, the meat removed from the bones, and used in one of the numerous "made dishes."

Sauce Allemande

Made of white stock and milk or cream, thickened with a small amount of flour and egg yolks.

Rice Croquettes

Croquettes, when of soft texture, of uniform size and shape, carefully breaded and fried a delicate brown color, form an attractive dish, which is satisfactory to the hostess who prepares her own food, as each step but the last, the frying, may be done some hours before serving time, thus aiding in the final preparation of the meal.

Tomato Poinsetta Salad

Tomatoes, cut in sections, three-quarters of the way down, beginning at the top, with the slices folded back to resemble the petals of a flower. Centers may be filled with cream cheese, put through a ricer. The salad is served on lettuce or cress, and chopped chives may be sprinkled over it.

MENU No. 2

Eggs Italian Style

Hard cooked eggs, cut in two lengthwise, are stuffed with the highly seasoned yolks. Halves are skewered together, rolled in crumbs, egg, and crumbs, and fried in deep fat. Skewers should be removed before serving.

Rice and Cheese in Ramekins

Rice, well cooked and seasoned, is put into the individual dishes called ramekins, covered with grated cheese, put into the oven until the cheese is melted, and served immediately.

Macedoine Salad

Combination of vegetables, which may be celery, carrots, peas, cauliflower.

The vegetables are cut into small pieces, cubes or balls, cooked, placed in separate bowls, and marinated in French dressing; then arranged on a platter, covered with lettuce. The celery is placed in the center, surrounded by a circle of carrots, then one of peas, with the flowerets of the cauliflower separated, and arranged as a border.

Cooked Oil Dressing

Is mixed with each vegetable separately, after the French dressing has been drained from it, and before it is arranged on the platter.

Almond Souffle

Baked or steamed pudding, made of beaten egg whites, sugar, and blanched and chopped almonds.

Currant Jelly Sauce

Whipped cream mixed with currant jelly, which has been melted and cooled.

MENU No. 3

Codfish Souffle

Rice, steamed with milk, eggs well beaten, seasonings, and shredded codfish. Baked and served with melted butter or sauce.

Olive Sandwiches

Butter creamed, chopped olives added.

Horseradish Sandwiches

Butter creamed, horseradish and lemon juice added.

Individual Cherry Pies

Small pie tins with tops four inches in diameter are used for these small pies, which are served one to each person. The serving of individual pies gives an attractive variation of the large pie, cut in pieces for serving.

MENU No. 4

Clear Tomato Soup

Tomatoes, thoroughly cooked and seasoned, are strained, and the juice is added to white stock. The mixture is cleared with white of egg; result is a clear, amber-colored soup, with tomato flavor.

Planked Fish

White fish, trout, or shad is selected. The fish is cleaned, boned, and arranged skin side down, on a heated hardwood plank. The exposed surface of the plank is then covered thickly with salt, moistened with sufficient water to hold it together, and the fish is broiled.

When the fish is partly cooked the salt is removed from the plank, and a border of mashed potato is put around the fish.

The plank is then placed in the oven to finish the process of cooking the fish, and to reheat the potato. The potato border may be put through a pastry bag or arranged with a spoon.

Halves of slices of lemon, one side of which has been dipped in parsley cut fine, are placed on the fish at regular intervals and near the border.

A small piece of parsley is placed in the center of the fish, or several very small sprigs are added to the garnish, if desired.

Spinach Timbals

A spinach timbal is a baked or steamed custard, with the flavoring and sweetening omitted, and seasonings and either fresh cooked, or canned spinach added before the custard is cooked. Timbals may also be made of other vegetables, fish, chicken, or meat.

Hollandaise Sauce

This sauce and the lemon on the fish furnish the acid accompaniment to the fish, which would otherwise be provided by a salad. Thus the menu is simplified and a variety is the result.

Charlotte Russe and Fruit

This dessert may be moulded in a ring with berries in the center of the serving dish and a garnish of the leaves of the berries, or of berries surrounding the pudding.

Individual moulds, garnished with berries and leaves are especially dainty for a luncheon.

Fruit may be moulded in the pudding; or crushed with sugar, it may be used as a sauce.

MENU No. 5

Veal Olives

Veal cutlets, sometimes called steaks, are cut into strips about three inches long, and one and one-half inches wide; stuffed with soft bread crumbs, which have been seasoned with salt, pepper, parsley, butter, and onion; rolled, skewered or tied, and sautéd in bacon or pork fat until brown. The meat is then covered with stock or water, and cooked slowly, tightly covered, until it is tender. A casserole may be used, and the meat cooked in the oven.

Stuffed Peppers

Tops of peppers are cut off, seeds removed and discarded, and the peppers are stuffed with a tomato mixture, then covered with buttered soft bread crumbs, and baked until softened. The peppers may be parboiled before being stuffed.

Tomato Mixture

Freshly stewed, or canned tomatoes are cooked with a slice of onion. The onion is removed and the tomato, either strained or unstrained, is seasoned, and thickened with a mixture of melted butter and flour. The filling should be of the consistency of a thick sauce.

Mixed Fruit Ice

A mixture of oranges, lemons, bananas, and apricots, is put through a sieve, added to a syrup made of sugar and water, and frozen. Other combinations of fruits may be used. The banana will turn dark if used without acid and allowed to stand.

MENU No. 6

Huntington Soup

Stock, tomatoes and corn. Vegetables are cooked with the stock and served in the soup.

Broiled Boned Club Steak

Remove bones from two club steaks, one and one-fourth to one and one-half inches thick.

Serve the steak, with skewers removed, on a hot platter, garnished with potatoes. Place these at either end of the platter if a long platter is used; or in a circle around the meat, if the platter is round.

Potatoes O'Brien

Potatoes cut in balls or cubes, fried in deep fat, then sautéd with chopped onions and pimientos.

Fruit Salad

Lettuce on round platter, two small heads cut in quarters, arranged with cut sides up, in radiating lines from the center. This forms sections on the platter which are filled with white cherries, the green of the lettuce showing between the sections of cherries. In the center of the platter is placed a mound of red cherries and over the whole is poured French dressing, in which is used a combination of fruit juice and vinegar, instead of all vinegar.

The cherries are stoned, and may or may not be filled with nuts, preferably hazel nuts, as desired.

MENU No. 7

Fruit Cocktail

A variety of fruit in season may be used, two or three sorts give the most satisfactory results. The fruit is cut into small pieces, and served in a dainty glass cup; the juice is strained, added to the cup, and the whole is sweetened slightly, by pouring over it a sugar and water syrup, which has been boiled and cooled. Serve very cold.

Roast Duck

A young, fat duck, with the webbing of the feet soft, should be selected. The duck is dressed, stuffed with potato stuffing, and trussed, as a chicken, for roasting.

Potato Stuffing

Hot, mashed potatoes, well seasoned with salt, pepper, onion juice, chopped parsley, and butter. One or two eggs may be added to give richness and hold the mixture together.

Currant Jelly Sauce

To a brown sauce foundation, from which onion has been omitted, add currant jelly, which has been melted over hot water.

Jardiniere

Cauliflower, beans, carrots.

Cook the vegetables separately, season each with butter, pepper, and salt. Arrange with cauliflower in the center of a platter, the carrot cubes at each end, and the green, string beans on either side of the platter. The platter should be passed, and each person allowed to serve himself to the sort and amount of vegetables desired.

Apricot Ice and Bombe Glace

A mould with a cover is lined with a fruit ice, and the center is filled with plain ice cream the whole may be covered with the ice, if color is desired surrounding the center of white. The mould is tightly covered, to prevent salt from entering; a strip of cloth, dipped in melted paraffin, or lard is often placed around the joining of the mould and cover; or paraffin paper may be used to cover the contents before putting on the lid.

The mould is packed in equal parts of salt and ice for two to three hours' time, depending upon the shape and size of mould.

For variation, the mould may be lined with any of the fruit ices or ice creams, and the center may be filled with charlotte russe or any of the various ice creams or frozen puddings. The different combinations make a very great variety of desserts possible.

General Suggestions

Different salad dressings may be chosen for the salads by those who do not care for olive oil, but the oil is a nutritious article of food, and adds much to the delicacy of a salad. If the taste for olive oil is an acquired one, it is well to cultivate it.

Breads and Rolls

Breads and rolls may be varied to suit the idea of the hostess, and in planning menus, if use is made of the different sorts, and forms, which are possible, they will be correspondingly improved. Even the baking powder biscuit may be made into a variety of shapes and sorts. It may be rolled thin and cut into dainty rounds or oblong pieces, baked a delicate brown, and served with a salad; or cheese may be added to it, which gives it a greater food value.

The cream puff mixture may be baked in various sizes and shapes, and these may be used as cases for creamed meats, or they may be filled with a cold mixture and used in place of sandwiches.

Even the potato lends itself to many methods of preparation.

Beverages

Beverages should be decided upon by the hostess, and served according to her own idea.

The serving of coffee, in the living room or library, on the porch or lawn, after a luncheon or dinner, adds to the pleasure of the company, and is a custom that is becoming universal.

For luncheon, especially, fruit juices are often made into a cold drink, and served or a mixture of iced tea and fruit juices is used.

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